

## HOUSEHOLD MEMOS

by Lynn Chambers



Flatter Your Winter Menus With a Crisp Salad Bowl  
(See Recipes Below)

### Flair for Salads

Tie a string around your finger and remember that salads belong in wintertime menus, too.

Their cool crispness will be a tonic to your stove-hot meals, and their vitamin alphabet is one of the longest and most substantial that you can find in any food. Oranges and grapefruit are having a fling in their abundance, and crackly crisp, red, red apples are better now than during warmer months. Use leftover bits of vegetables or just plain greens—lettuce and watercress—and your table will take on a new charm.

A bit of cheese here and there will bring a longed-for sharpness in salads. Here's one that makes use of winter vegetables, and is as pretty as pretty can be:

**\*Bermuda Salad Bowl.**  
(Serves 6 to 8)  
1 small head cauliflower  
1 small head lettuce  
1/2 large peeled Bermuda onion  
1/2 cup stuffed olives, sliced  
Watercress, for garnish  
2 1/2 ounces Blue cheese, crumbled  
French dressing

Separate uncooked cauliflower into flowerets. Break lettuce into pieces. Toss together with cauliflower, lettuce, onion rings, olives, and french dressing into which the blue cheese has been crumbled.

Look to the crisp and juicy apples for real menu inspiration. Apples which provide plenty of vitamin A—to help you resist winter colds and infections—along with sunny carrots make for a nice salad:

**Apple-Carrot Salad.**  
3 large, red apples, coarsely diced  
2 cups shredded raw carrots  
1 small onion, minced  
1/2 cup cream, sweet or soured  
1 1/2 tablespoons lemon juice  
Salt and pepper to taste

Dice apples without peeling and combine with grated carrot and onion. Add cream blended with lemon juice, salt and pepper. Serve in crisp lettuce cups.

A salad that can make you the hit of the party is this grapefruit ring if you fill the center with a Waldorf salad made of apples as crisp as the frosty night:

**Grapefruit Salad Ring.**  
(Serves 6 to 8)  
2 1/2 tablespoons gelatin

### Lynn Says:

**Your Diet I.Q.:** If you're deficient in some vital vitamins and minerals you may have certain physical indications of this lack. Check the following indications:

Frequent ear and sinus troubles, nose, throat, and sinus infections? Perhaps you're missing vitamin A—found in meat, eggs, milk, green vegetables, yellow-colored fruits and vegetables.

Is the appetite poor and are you nervous and tired? You may be skipping over lightly vitamin B1—found in whole grain cereals, meats and fish, liver and kidneys.

Can't recover quickly from a cold, from that run-down feeling, or having bleeding gums and a sallow, muddy complexion? Better get more vitamin C—from oranges, grapefruit, green leaves, cabbage, tomatoes and berries.

Anemia? Feel tired and listless? You may need iron—molasses, liver, beans, peas, whole grain cereals, egg yolks and leafy green vegetables.

Poor teeth, brittle bones, excessive bleeding when accidents occur, or weakened heart and muscles? A deficiency of calcium may be responsible. Eat more eggs, cheese, milk and cream—and vegetables.

## Star Dust

STAGE-SCREEN-RADIO  
By VIRGINIA VALE  
Released by Western Newspaper Union.

UNTIL the academy awards come through everybody can find food for argument in those voted by the New York film critics. Noel Coward's British navy film, "In Which We Serve," which opened in New York at the end of 1942, was chosen the best picture of the year after stubborn balloting; some of the critics wanted the award for the very stirring "Wake Island." James Cagney was chosen best actor for his work in "Yankee Doodle Dandy"; Agnes Moorhead the best actress for her performance in "The Magnificent Ambersons." Greer Garson and Katharine Hepburn were contenders for that crown for a while, but Miss Moorhead won out.

Jane Randolph is on her way up; she has the feminine lead opposite Tom Conway in "The Falcon Strikes Back," the next of the RKO mystery series based on that detective's



JANE RANDOLPH

exploits, and it's her fourth film since she was discovered last summer in a routine screen test that led to her being given a leading role in "Highways by Night." She'll be a star before you know it.

Rita Hayworth's engagement to Victor Mature seems to be one of those if-and-when things; they'll be married when they are freed by divorce from their present matrimonial commitments, and when the war is over.

Incidentally, Greer Garson's engagement to Richard Ney seems to be a thing of the past. It didn't seem like the kind of troth that Hollywood executives approve for their biggest stars—he wasn't important enough in the picture business. On the other hand, she seems to be the kind of person who does as she likes—and with "Mrs. Miniver" to her credit she could do it.

Flying Officer Robert Coote, who used to be a Hollywood leading man himself, was released from RCAF recruiting duties to play a Commando leader in "Commando Strike at Dawn"—but he kept right on recruiting. The company worked on location near Victoria, B. C., and in his first week with the picture he signed up four Victoria youths for RCAF careers!

Dorothy Lamour, Veronica Lake and Paulette Goddard just scrambled a few old clothes together when they appeared in Paramount's "Star Spangled Rhythm," the big musical which has 70 stars. For their number, "A Sweater, a Sarong and a Peek-a-boo Bang" Paulette wore a sweater and shorts from "Nothing but the Truth," Veronica the low-cut gown that made audiences gasp when they saw "I Wanted Wings," and Dorothy just got into one of her regular sarongs. For other scenes, as they were supposed to be working in the studio in their own pictures, they wore clothes from "The Road to Morocco," "The Lady Has Plans" and "This Gun for Hire."

You might keep an eye on Ann Savage, if you want to see a star in the making. She made her stage debut in a little theater a few months ago, and Columbia signed her to a contract and gave her a few minor roles to get her used to camera angles. Now they think that she's a potential star, and she's been given the role opposite Chester Morris in "After Midnight With Boston Blackie."

Frances Dee, leading lady of RKO's "I Walked With a Zombie," but his brother gave the lamb a bath, put it into a lighted oven, and then forgot about it. . . . Richard Quine had gone off to war in so many films that it was an old story when he bade farewell to his comrades and joined up with the coast guard. . . . Young Nancy McGuire, who seems to be a comer, is booked to play Ginger Rogers' sister in "Government Girl" at RKO. . . . Ellen Drew wears old, soiled clothing in "Night Plane From Chungking"—but the American pilot falls in love with her just the same!

## Another Chennault Leads Aleutian Fliers



In the Aleutians—that fog-shrouded chain of islands that reaches out from the southerly tip of Alaska towards Japan—American air force men are relentlessly bombing enemy positions on Kiska, the main stronghold of the Japs. It's a dangerous daily grind, and light moments are few. But the morale is high. Every Jap will soon kiss good-by to Kiska.

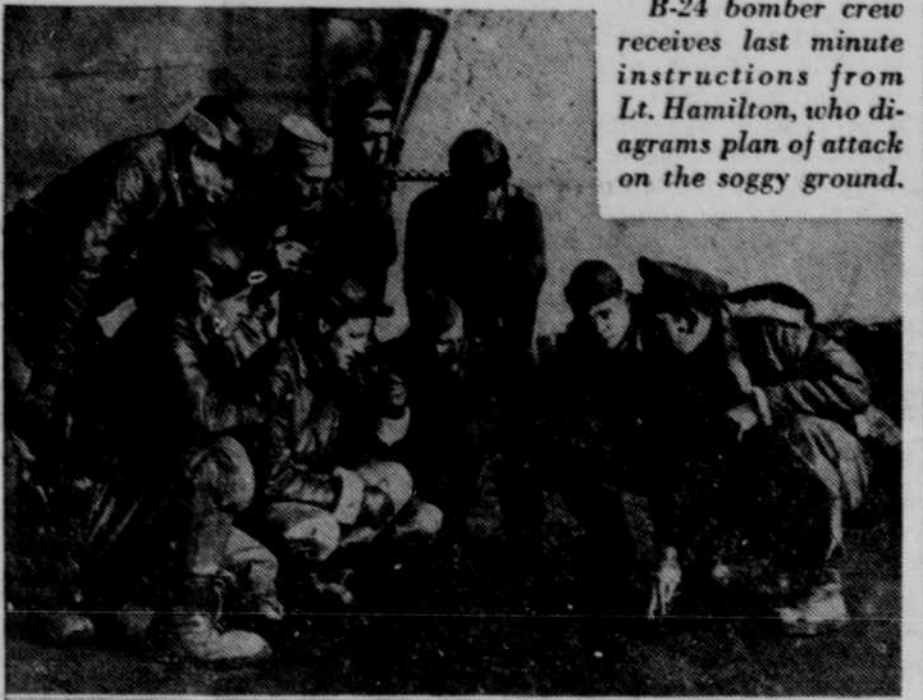


Commanding this gallant group of daredevils is the fighting son of a famous father, Lieut. Col. John Chennault, who is following in the footsteps of Brig. Gen. Claire L. Chennault, leader of the U. S. air forces in China. When these pictures were taken Col. Chennault (shown above) had just knocked off a Jap Zero himself.

Left: The navigator of a bomber gets a light from a member of the ground crew after returning from a raid on the Japs at Kiska.



Members of a B-24 Liberator bomber crew, all togged out for Aleutian weather, await their turn to take off. And are they rarin' to go!



Husky Private John Buelick (right) and Pfc. Richard Perry (left) are ribbing Private James Polis, who is laboring under the weight of a 90-pound aerial camera. Private Polis is the smallest aerial photographer in the Alaskan defense command.



One of the army air force P-39s taxis to the runway. The "easter egg" under the fuselage is an extra fuel tank.

## Farm Topics

### Most Feed Crops Best Put in Silage

### Keeping Essential Vitamin A Necessary

Almost any feed crop is worth twice as much an acre when made into silage as it is in the barn or stack.

This is especially true of corn and grain sorghum crops which will not make much grain. It applies equally to sweet sorghums, Johnson grass and sudan.

If corn and grain sorghums can be left standing until the grain is hard, they will make better silage, provided the majority of the leaves still are green. Nevertheless, these feeds should be made into silage even though the leaves are burned or



Sheep are playing a double role in Uncle Sam's fight for freedom: Food for fighters, workers, allies; fleece lined clothing for soldiers in arctic climates.

dried up. But all vitamin A would be lost in the latter case.

Vitamin A is very essential, especially if silage is its only source, and the main origin of vitamin A for livestock is green feed.

It is even more necessary to have the sweet sorghums, such as redtop cane and seeded ribbon cane, ripe for making silage. Immature sweet sorghums make sour silage. Johnson and sudan grasses should be headed out and the seed in the dough stage.

Any of the grasses and legumes should be dried until their water content is reduced to 35 or 40 per cent before being put into the silo. This means about half dry enough to bale for hay.

When a majority of the leaves of corn, grain and sweet sorghums, and Johnson and sudan grasses are green, it is not necessary to add water if the feed is chopped in one-quarter-inch lengths or less with an ensilage cutter when put in the trench.

If the majority of the leaves are dry, it will be necessary to add enough water to wet the feed about like a heavy dew. Damp bundle feed even though the majority of the leaves are green.

### Agriculture in Industry

By FLORENCE C. WEED

### Mints

An effort is being made to grow in the United States some commodities which are becoming scarce and will soon be unobtainable. Manufacturers and dealers in medicines, spices, and condiments who depend on a steady supply of these botanicals from abroad, are urging that they be produced here in greater quantities.

Sage, the savory herb used in cooking, can be easily and profitably grown here. Our American sage is usually of a better quality than the imported article, and growers are being offered very attractive prices for their crop. It is used widely in the meat packing industry and is also a standard ground spice for the pantry shelf.

Sage is one of the 12 species of the mint family and can be started by cuttings or simply dividing the roots. From this family come many other crops which are commercially marketed. Spearmint is used for mint sauces and for flavoring chewing gum; peppermint yields oil and menthol used in confections, flavorings and medicines. Pennyroyal is used in medicine and the lemon-scented leaves of bergamot are much used in perfumes.

### Agricultural Notes

Sunlight and soybeans are suggested by the California college of agriculture to poultrymen searching for substitutes to replace fish oils and meal in poultry rations.

Cannibalism in young chicks is best controlled by keeping the brooder house as cool as practical and by covering the windows with a single thickness of paper to prevent brightly lighted spots within the house.

## ON THE HOME FRONT

with RUTH WYETH SPEARS

"DEAR Mrs. Spears: Recently I sent for your stamping pattern of Mexican figures and used them for two sets of tea towels and pot holders and a pair of curtains for my grand-daughter. Her husband made racks of them that also helped to give the kitchen a gay air.

A triangle shelf to fit in a corner near the sink was put up. It had an ordinary bathroom towel rod



screwed to the bottom, and painted, cut-out scallops nailed to the front. For the pot holders, he scalloped both edges of a 4 by 1/2-inch board; painted it; screwed a brass cup hook in the center of every other scallop and then nailed it up over the stove. G. B. S."

NOTE: You will enjoy these gay figures. There are more than 20 on the transfer; all different and easy to do. Mexican Pattern No. 203 is 10 cents if ordered direct from

MRS. RUTH WYETH SPEARS  
Bedford Hills New York  
Drawer 10  
Enclose 10 cents for Pattern No. 203.  
Name.....  
Address.....

## WAR WORKERS

Doesn't it seem more sensible?

### ALL-VEGETABLE LAXATIVE

● In NR (Nature's Remedy) Tablets, there are no chemicals, no minerals, no phenol derivatives. NR Tablets are different—act different. Purely vegetable—a combination of 10 vegetable ingredients formulated over 50 years ago. Uncoated or candy coated, their action is dependable, thorough, yet gentle, as millions of NR's have proved. Get a 25¢ box today . . . or larger economy size.



NR TO-NIGHT; TOMORROW ALRIGHT

Presidents From Ohio  
Ohio has sent seven native sons to the presidency—Grant, Garfield, Hayes, Benjamin Harrison, McKinley, Taft, and Harding.

## QUICK RELIEF FOR STUFFY NOSE

When nostrils are clogged—reach for cooling Mentholatum, quick!  
Instantly it releases vapor "Mentholations" that start 4 vital actions: 1) They help thin out thick mucus; 2) Soothe irritated membranes; 3) Help reduce swollen passages; 4) Stimulate nasal blood supply. Every breath brings quick relief! Jars 30¢.

## MENTHOLATUM

Big Ice Field  
Enough ice remains encased in Antarctica to cloak the entire globe in ice 120 feet thick.

## DRY CRACKED LIPS

Surprising how quickly the dryness is relieved and healing begins, after using medicated, soothing, time-tested RESINOL

## BEACONS of SAFETY

● Like a beacon light on the height—the advertisements in newspapers direct you to newer, better and easier ways of providing the things needed or desired. It shines, this beacon of newspaper advertising—and it will be to your advantage to follow it whenever you make a purchase.